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Last night I dreamed I met Bill Murray, one of my favorite actors, Caddyshack, Stripes, What About Bob. But his classic as a news reporter in "Groundhog Day". I left Attica Correctional Facility on Groundhog Day 2017, February 2nd. Prison can feel like being transposed into Groundhog Day. Doing the same old same old every single solitary day.

Wake up for court. Take a whiz. Wash up. Dress up. Go to chow in the mess hall. Come back to your cell. Take a nap... Wake up for ten thirty a.m. court... watch some television.

Today was Different. A CO spoke to me during court.. weird, yet good. He said,

"You're a conundrum, you went twelve years without a ticket at Attica, now you have about eight in the past three years. What happened?"

Usually, I don't converse with CO's much. But today, I did. "Corrupt CO's were a problem for me at 'Great Meadow.'" I responded. "Oh, yeah, that place is corrupt," he said

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Wow, I thought, someone else does know ~~it~~ about how corrupt CO's can be. He admitted it.

It is true. I went 12 years without a single misbehavior report at a disciplinary prison: Attica. The CO's there major in oppression. They do write tickets, make NO MISTAKES. I comported myself adequately enough to avoid any tickets, period. How? you ask. Allow me to tell you.

When I arrived at Attica in March 2005 I was introduced to how brutal prison can be immediately. The CO's slapped around an old guy (60's) for being a pedophile. I heard him cry out, "I'm innocent, I didn't do it," to no avail. He incurred the wrath of CO's on his first day. There is a definite pecking order in prisoner hierarchy. Top level is murderers: criminals (gang members) Robbers, Thieves.

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Bottom dwellers are rapists and child molesters.

I learned on day one - stay clear of anyone and everyone in prison on a sex charge.

I am in prison for pleading guilty to menslaughter. Avoiding a murder rap by copping out, as cons say. You copped out to avoid life, one would say yes. I did. More on that later.

I avowed to stay "sucker free" while in prison. No gambling, no drugs, no debts. Stay away from anyone "questionable", meaning, keep my social circle very small. I think I made three to four "good friends", meaning people I stay in contact with, while at Attica. Twelve years, four friends. I spent eight years in Attica's Honor Block, now called "Earned eligibility Housing" (EEH), politically correct-wise. I still call it honor block. There I had many privileges which I took full advantage. Honor block is somewhat like a college dorm - but you cannot leave, like a Hotel California! Honor block has refrigerators,

cooking stations, freezers, toasters, open showers  
(open as you can take showers from 8AM to 9PM)

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lounge areas called "day rooms" where a prisoner  
can play cards, dominoes, Scrabble, chess,  
even Stratego! My favorite as a kid.

Honor block has its own yard with Olympic  
weights, benches and gym style mats.

Simply stated, it is the BEST Prison has to  
offer. That's why I stayed put for eight  
years, twelve total in Attica. ~~Prison~~

Today, in Coxsack, I'm in about a  
nine by six cell, with a metal desk and a radiator  
next to a nice window, providing me sunlight  
in the day time, morning and afternoon.

I'm thinking about what the CO said, "You're a  
cannundrum." What I am is NOT YOUR AVERAGE  
PRISONER. I have a Master's Degree. I was  
a teacher, then a School Administrator, for ten years  
I didn't come to prison until age 36. Why?  
I caused my wife of 15 years death. Death by  
husband. For this I received 24 years - determinate  
sentence. A Flot 24 in prison ~~versus~~ or -

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nomenclature. With good time I'll be out in 20 years.  
If I win my appeal to the court, it may be only  
18 years. I pray, along with friends on the outside,  
that I'll go home soon. Yes, I do pray, not  
just for me, but my three children, family, friends  
and even enemies. The LORD Jesus said,  
"pray for them which despitefully use you, and  
persecute you," in Matthew 5:44.

Before prison I was also an ordained Baptist  
minister; since 1995. I am still called to  
preach. I do preach in chapel services, Bible studies  
at Attica, Sing Sing and Great Meadow.  
I believe my life belongs to God, I am an  
ambassador for Jesus Christ. 2 Corinthians 5:20  
I am a voice of one, speaking from Coxsackie CF  
to anyone who reads or can hear me. I believe  
I'll be an asset to the community I will be  
a part of when I am released.

Now that I only have three years left, I am  
viewing my release with anticipation. Cars call  
this "looking ahead". We view freedom with excitement  
yet still realize we are not free until we walk

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outside the prison, hopefully with loved ones waiting on us ~~beh~~ beyond the walls, razor wire, and fences!

I have three children - all adults - age 24, 28 and 32. They grew up with their dad locked up for causing their mom's death. A harsh reality. Yet, they have excelled, by God's grace. Ephesians 2: 8-10  
I am pleased with all three. I don't say "proud" because the word "proud" is selfish. I am pleased, well-pleased, extremely pleased - all glory to God.

I plan to preach and minister (serve) in church churches again, as a missionary - evangelist. I vow never to hurt anyone ever again. I've learned my lesson well. Stay outta prison. The best bet your life on it. Stay out of prison! Be a blessing, not a curse.

RF Piwowar